SleepU™

Sleep Oxygen Monitor

User Manual

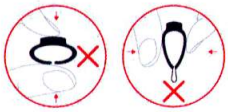
1. Introduction

1.1 Intended use

This product is intended to be used for measuring, displaying and storing of pulse oxygen saturation (SpO_2), pulse rate of adults in home or healthcare facilities environment during sleep.

1.2 Warnings and Cautions

- DO NOT squeeze the sensor part or apply excessive force on it.



- Do not use this device during MRI examination.
- Do not use this device with a defibrillator.
- Do not store the device in the following locations: locations in which the device is exposed to direct sunlight, high temperatures or levels of moisture, or heavy contamination; locations near to sources of water or fire; or locations that are subject to strong electromagnetic influences.
- Do not use the device in a combustible environment.
- Never submerge the device in water or other liquids.
- Do not clean the device with acetone or other volatile solutions.
- Do not drop this device or subject it to strong impact.
- The device and accessories are provided non-sterile.
- Do not place this device in pressure vessels or gas sterilization device.
- Do not dismantle the device, as this could cause damage or malfunctions or impede the operation of the device.
- Consult your doctor immediately if you experience symptoms that could indicate acute disease.
- Do not self-diagnose or self-medicate on the basis of this device without consulting your doctor. In particular, do not start taking any new medication or change the type and/or dosage of any existing medication without prior approval.
- Use only cables, sensors and other accessories specified in this manual.
- Prolonged continuous monitoring may increase the risk of undesirable changes in skin characteristics, such as irritation, reddening, blistering or burns.
- Do not open the device cover without authorization. The cover should only be opened by a qualified service personnel.

1.3 Guide to Symbols

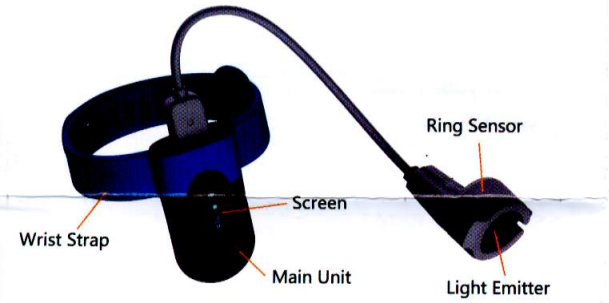
Symbol	Description
	Manufacturer
	Date of manufacture
SN	Serial number
	Indicates a medical device that is not to be disposed of as unsorted municipal waste.
	Follow Instructions for Use.
	Type BF Applied Part
	No alarm system
	MRI unsafe. Presents hazards in all MR environments as device contains strongly ferromagnetic materials.
IP22	Resistant to liquid ingress
CE 0197	CE marking
EC REP	Authorized representative in the European community
UK CA	UKCA marking
UK REP	Authorized Representative in the United Kingdom
	Non-ionizing radiation
	Our products and packaging can be recycled, don't throw them away! Find where to drop them off on the www.quefairedemesdechets.fr site (Only applicable for French market).

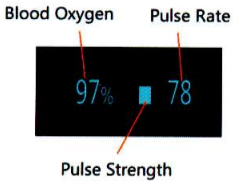
1.4 Unpacking

- Device (main unit)
- Ring Sensor
- User Manual
- Data/Charging Cable

2 Using the device

2.1 Overview





Wear the device during sleep. It continuously monitors your oxygen level, heart rate and motion. The smart vibration protects you from oxygen shortage.
Next morning, take off the device, **open app to sync data** which will help you get sleep insight.
You can customize Smart Vibration in App to help you sleep better.

2.2 Charging

Charge the battery before using.
Connect the device to USB of computer or USB charging adapter with the supplied cable.
After fully charged, the device will power off automatically.

2.3 POWER ON/OFF

POWER ON:
Wear the Sensor, the device will turn on automatically.

POWER OFF:
The device turns off automatically in a moment after you take off the sensor.

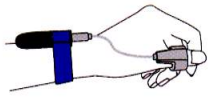
2.4 Typical steps

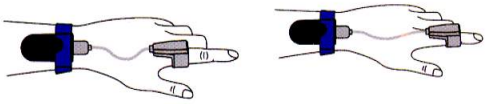
1) **START.** Charge the battery. Wear the sensor to power on. Go to sleep.

2) **STOP.** Next morning, take off the sensor, the recording will be over after the countdown.

3) **DATA SYNC.** After the countdown, run App to sync data. **OR** next time after you turn on the device, run App to sync.

2.5 Start working





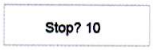
1) Wear the sensor on thumb finger, index finger as option in case of too tight for thumb. Try to move the sensor along the forefinger to find out a best fit. Avoid being loose. Loose wearing causes inaccurate measure.
2) Device will turn on automatically. After a few seconds, the device will begin to monitor.

Notice:

- *Keep snug enough, loose wearing may cause inaccurate readings.*
- *DO NOT use middle finger; if too tight for thumb or forefinger, try little finger.*
- *If the working time is less than 2 minute, the data will not be saved.*
- *Please avoid excessive motion.*
- *Please avoid strong ambient light condition.*

2.6 Stop working & sync data

Take off the sensor, the countdown will begin.



(If the working time is less than 2 minute, there will be no countdown)

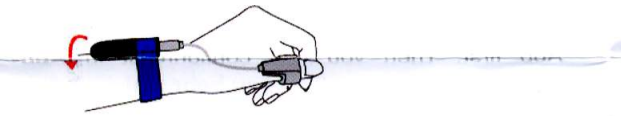
During the countdown, if you wear the device again, the record will be resumed.

After the countdown, the data will have been saved in device and ready to sync.

Sync data:
- After the countdown, run App to sync data;
- **OR** next time after you turn on the device, run App to sync.

Notice: The built-in memory can store 4 sessions. *The oldest will be overwritten by the 5th. Please sync data to your phone in time.*

2.7 Screen wake up



During measurement, the screen will go off automatically for saving power; you can turn your wrist to wake up the screen.

2.8 Unavailable Symbol

When this symbol displays on device screen, it indicates the readings is unavailable right now.
It may caused by:
- Excessive movement;
- Poor signal, finger is too cold;

Usually, the readings will recover in a few seconds when at rest.

2.9 Download App

App name: **ViHealth**
iOS: **App Store**
Android: **Google Play**
Notice*: if you have installed the App before, please update it to the latest version.*

2.10 Bluetooth Connection

The device Bluetooth will be enabled automatically after it's turned on.
To establish a Bluetooth connection,
1) **keep the device Bluetooth enabled.**
2) **Make sure the phone Bluetooth is enabled.**
3) **Run the App.**

Notice: DO NOT PAIR in the settings of your smartphone.

2.11 How to check battery

- After you turn on device, it will display battery for a few seconds.
- You can also check battery and real-time SpO_2, Heart Rate in App->Dashboard.

2.12 Smart Vibration

The vibrator in the sensor will be activated when the SpO_2 fall below the preset value (Threshold). The vibration will stop when the SpO_2 recover or by turning your wrist.

You can customize the vibration to help you sleep better. Make sure your **device is connected** to App first. Then you can configure it in **App->Settings**.

- You can **switch on or off** the vibration.
- You can adjust the **Intensity** of vibration.
- You can adjust the **Threshold**. If the vibration disturbs you during sleep too much, you can lower the **Threshold**. If you would like to get more protection from oxygen shortage, you can turn up the **Threshold**.

2.13 App Offline Mode | Multiple Devices

If you enter App Offline Mode, you can view history data, in App Settings->Select Device, you can select device if you have multiple devices. In this Mode, device is not connected so you cannot sync data or set device.

3 PC software

PC Software: **O2 Insight Pro**
Download from: www.getwellue.com
Enter top menu: Support->PC Software.
Install the software on Windows(win 7/8/10) or MacOS(10.13 or above).

Install the software on PC:
1) Turn on device, connect the device to PC USB port with the supplied Cable
2) Run the PC software, click the **Download** button to download data from the device

With the optional PC software, you can view and print sleep report, which can also be exported as PDF or CSV files.

4 Maintenance

4.1 Time & Date

After connection with App, device time will sync from your phone time automatically.

4.2 Cleaning

Use a soft cloth moistened with water or alcohol to clean the device surface.

5 Troubleshooting

Problem	Possible Cause	Possible Solution
Device does not turn on or no response	Battery may be low.	Charge battery and try again.
	Device might be damaged.	Please contact your local distributor.
The app cannot find the device	The Bluetooth of your phone is off.	Turn on the Bluetooth in the phone.
	The device Bluetooth is off.	Turn on device
	For **Android**, Bluetooth cannot work without location permission	Allow location access

6 Specifications

Environmental	Operating	Storage
Temperature	5 to 40°C	-25 to 70°C
Relative humidity (noncondensing)	10% to 95%	10% to 95%
Barometric	700 to 1060hPa	700 to 1060hPa
Protection against electric shock	Internally powered equipment	
Degree protection against electrical shock	Type BF	
Electro-magnetic compatibility	Group I, Class B	
Degree of dust & water resistance	IP22	
Weight	31g (main unit with band and sensor)	

Size	49×27×14 mm (main unit)
Battery	3.7Vdc, Rechargeable Lithium-polymer
Charge time	2-3 hours
Battery life	16 hours for typical use
Wireless	Bluetooth 4.0 BLE
Oxygen level range	70% to 99%
SpO2 Accuracy (Arms)	80-99%:±2%, 70-79%:±3%
Pulse Rate range	30 to 250 bpm
Pulse Rate accuracy	±2 bpm or ±2%, whichever is greater
Vibration	Triggered by low oxygen level
Recorded parameters	Oxygen level, Pulse Rate, motion
Data storage	4 sessions, up to 10 hours for each
Mobile App for iOS	iOS 9.0 or above, iPhone 4s/ iPad 3 or above
Mobile App for android	Android 5.0 or above, with *Bluetooth* 4.0 BLE

Shenzhen Viatom Technology Co., Ltd
4E, Building 3, Tingwei Industrial Park, No.6 Liufang Road, Block 67, Xin'an Street, Baoan District, Shenzhen, 518101, Guangdong, China
www.viatomtech.com

EC REP **MedNet EC-REP GmbH**
Borkstrasse 10, 48163 Muenster, Germany
Tel:+49 251 32266-0 Fax:+49 251 32266-22
Email:contact@mednet-ecrep.com

UK REP **MediMap Ltd**
2 The Drift, Thurston, Suffolk IP31 3RT, United Kingdom
Tel: +49 251 32266-0 Fax: +49 251 32266-22
Email: contact@mednet-ecrep.com

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